Old fashioned momma s meatloaf

RANCH CHICKEN AND POTATOES

Ingredients:

- 350g ground beef
- 1 bunch of parsley
- 1 onion
- 20g of breadcrumbs
- 1 pinch of nutmeg
- 3 tbsp spicy ketchup
- 1 egg
- 1 tsp salt
- Pepper, to taste

Instructions:

1. Start by finely chopping the parsley and onion. These will add flavor and moisture to the meatballs. Once they’re chopped, set them aside for later.
2. In a large mixing bowl, combine the ground beef with the breadcrumbs. The breadcrumbs will help hold the mixture together.
3. making the meatballs more tender. Add the chopped parsley and onion to the bowl, mixing thoroughly.
4. Next, crack the egg into the bowl and add the spicy ketchup, salt, and pepper. The egg helps bind all the ingredients together.
5. while the ketchup introduces a little tanginess and heat. Season with nutmeg, which adds a lovely depth of flavor to the mixture.
6. Using your hands, mix everything together until well combined. Make sure that all the ingredients are evenly.
7. distributed through the beef. This step is key to ensuring each meatball is flavorful.
8. Once everything is mixed, take small portions of the mixture and roll them into balls.
9. about the size of a walnut. Place them on a plate or tray, ready for cooking.
10. In a large frying pan, heat a little oil over medium heat. Once the pan is hot.
11. gently add the meatballs, making sure not to overcrowd the pan. You may need to cook them in batches.
12. Fry the meatballs for about 7-10 minutes, turning occasionally to ensure they are browned on all sides and cooked through.
13. The meatballs should be golden brown and reach an internal temperature of 160°F (70°C). Once done, remove from the pan and place them on a paper towel to drain excess oil.

How to Make:

1. To start, gather all of your ingredients and make sure everything is prepped. Chopping the parsley and onion finely will.
2. help them mix into the meat mixture without being too noticeable, adding a burst of flavor without affecting the texture.
3. When mixing the ground beef, breadcrumbs, and spices, make sure not to overwork the mixture.
4. Overworking can result in tough meatballs. Instead, mix gently, just until the ingredients come together.
5. If the mixture feels too sticky or too loose, you can add more breadcrumbs to help bind the ingredients. This ensures that the meatballs hold their shape during cooking.
6. Rolling the meatballs is an important step. Make sure each one is evenly sized, so they cook at the same rate.
7. A consistent size helps ensure even cooking and avoids some meatballs being overcooked while others remain raw inside.
8. For even cooking, don’t overcrowd the pan when frying the meatballs. Overcrowding traps moisture and causes.
9. the meatballs to steam rather than fry, preventing that crispy golden crust.
10. After frying, you can serve the meatballs immediately, or you can finish them in the oven for a few extra.
11. minutes at 375°F (190°C) to ensure they are fully cooked through. This step is especially useful if you’re making a larger batch.
12. Lastly, be sure to taste the meatballs before serving. If they need more seasoning, you can always sprinkle a little more salt and pepper before plating them.